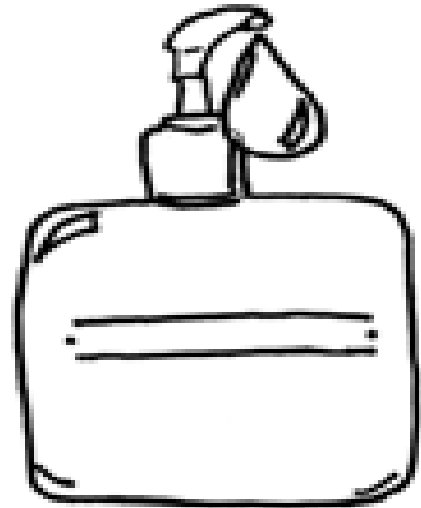




## Sanitize your hands:

- ☑ After you arrive to work.
- ☑ Before you leave work.
- ☑ After coughing or sneezing.
- ☑ After you eat.
- ☑ Before and after using community equipment.
- ☑ Anytime your hands are not visibly dirty.



## How to effectively sanitize your hands:

- Apply enough hand sanitizer to cover all surfaces of your hands.
- Rub hands together making sure to cover all surfaces of hands and fingers.
- Rub until hand sanitizer is absorbed.